News
EarthBeat



Cardinal Timothy Dolan of New York helps distribute food to people waiting in the St. Francis Breadline outside St. Francis of Assisi Church in New York on Ash Wednesday March 5, 2014. (CNS/Gregory Shemitz)



by Brenna Davis

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PAUSE

REFLECT

"Do to others whatever you would have them do to you.

This is the law and the prophets."

— Matthew 7:12

As we ponder the "golden rule" from today's gospel, we remember that food waste is a clear sign of the inequality that exists in the world today. Enough food is grown globally to feed every person, but more than 821 million people remain undernourished due to a lack of equitable food distribution and waste.

According to the U.N. Food and Agriculture Organization, we could feed 2 billion people, more than twice the number of undernourished people across the globe, by reversing this trend.

ACT

Thank God for the abundance of food in the world. Find a local food bank where you can donate your time, or consider joining Catholic Relief Services Rice Bowl 2020 to read stories from our global family and collect alms to support the work of Catholic Relief Services in roughly 45 countries. 25 percent of all donations stay in the local diocese, supporting hunger and poverty alleviation efforts.

Lenten Daily Food Reflections

pause | reflect | act

***Editor's note**: These daily reflections on food, faith, climate and our lives will provide spiritual sustenance for the Lenten journey. They are inspired by the Lenten Food Waste Fast at the Ignatian Solidarity Network.*

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This story appears in the **Lenten Daily Food Reflections** feature series. View the full series.